North P.E. Unit Activities

Flag Football:

Monday - Catching and throwing to a stationary target
Tuesday - Catching and throwing to a moving target
Wednesday - Patterns (recognition and running)
Thursday - Offensive and defensive strategies
Friday - Game participation

Soccer:

Monday - Passing (inside foot) to a stationary and moving target
Tuesday - Shooting on goal, stopping and trapping
Wednesday - Passing to a moving target, possibly trapping
Thursday - Ball control
Friday - Game participation

Badminton:

Monday - Hand positioning on the racket
Tuesday - Forehand hits (strikes)
Wednesday - Backhand hits (strikes)
Thursday - Serve
Friday - Game participation

Basketball:

Monday - Dribbling, stationary and moving target
Tuesday - Passing, stationary and moving target
Wednesday - Shooting, BEEF (balance, eyes, elbow, follow through)
Thursday - Offensive and defensive strategies, layups
Friday - Game participation

Volleyball:

Monday - Bumping with partners
Tuesday - Setting with partners
Wednesday - Overhand and underhand serve
Thursday - Rotating on the court
Friday - Game participation

Pickleball:

Monday - Hand positioning on racket
Tuesday - Forehand hits (strikes)
Wednesday - Backhand hits (strikes)
Thursday - Serve, bounce/air
Friday - Game participation

Floor Hockey:

Monday - Holding and parts of the stick, stick control
Tuesday - Stick and ball control, dribbling
Wednesday - Passing to stationary and moving targets
Thursday - Offensive and defensive strategies, shooting on goal
Friday - Game participation

Tennis:

Monday - Hand positioning on the racket
Tuesday - Forehand hits
Wednesday - Backhand hits
Thursday - Overhand and bounce serves, doubles vs singles
Friday - Game participation

Fitness:

Monday - Pacer test
Tuesday - Sit - ups test
Wednesday - Push - ups test
Thursday - Sit & reach test
Friday - Makeups, try for better score